

Summer Swim Lesson Session Dates

Session 1: June 27-July 8

Due to the holiday we will not have lessons on July 4th and will make-up on Friday July 8th.

Session 2: July 25-August 4

Make-Up Policy:

Make-ups will only be given if a class is cancelled or rescheduled by the YMCA. Fridays will be reserved as make-up days. There are no individual make-ups. Up to one "Safety Day" may be used in place of a cancelled class per session in which all class safety components will be covered. This class will not be made-up.

Parent Guidelines:

- We require that parents stay at least 6 feet back during the duration of the class. Constantly "checking up" on your child can be distracting to the child as well as other children in the class. Our goal is to allow the child to be confident and comfortable in an aquatic environment.
- We want every child to move along at their own pace. If a child is signed up as a *PIKE* for this session that does not guarantee that they will be an *EEL* the very next session. The skills we teach require some practice and it is quite common for a child to repeat a skill level multiple times, especially when they are beginners.

Class Cancellations: A class cancellation will not be called until, at the earliest 15 minutes before the class begins. We understand this causes a problem for people who must drive 20-30 minutes to arrive. In this case we do suggest to plan on arriving as planned. We are at the mercy of the weather many times, and the cancellation call will come down to the absolute wire. This way if the class is taught your child will not run the risk of missing a class. With this being said, our policy is that anytime we hear thunder we must shut down the pool until a time period of 30 minutes without thunder passes.

***Please note while lessons are being conducted by the YMCA the Kemah Oaks Community pool may not be used by those not participating in Y programs.**

For more information on swim lesson programs and events, e-mail emmariec@ymcahouston.org or call (281) 486-9622.

Name: _____ **Date of Birth:** _____

Address: _____

City/State/Zip: _____/_____/_____

Email: _____

Phone # _____

Preferred method of Contact (Circle 1): Email or Phone

Time Preference (Circle 3):

9:00am 9:35am 10:10am 10:45am 11:20am

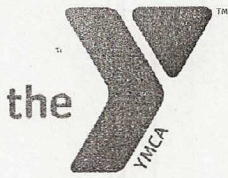
Level: _____

Registrations for Kemah Oaks 1 will be due on Monday, June 20th.

Registrations for Kemah Oaks 2 will be due on Monday, July 18th.

Class times and levels will be set based on the levels and times needed based on registrations.

Final class times will be called / emailed on the Thursday prior to the session beginning.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM, SPORTS & PLAY

PARENT/CHILD SWIM LESSONS

Ages 6 months—36 months

The parent/child classes are taught as a combined class for ages 6 to 36 months with parent accompanying the child in the water. Skills are introduced at the child's development level and build on each other as the child progresses. Basic water skills are taught through fun songs and games. Each class is 30 minutes in length.

PRESCHOOL SWIM LESSONS

Ages 3-5 years

We offer multiple levels of classes for this age group! The classes are based on the level of the swimmer from beginner to advanced. We will offer the Pike, Eel and Ray/Starfish classes this summer! Each class is 30 minutes in length.

PIKE (Beginner): For first time swimmers. Children are taught to float, kick, and perform progressive arm movements across the pool.

EEL (Intermediate Beginner): For children who are comfortable in the water and can swim 5 feet on their front and back. This class emphasizes safety, kicking techniques, floating, gliding, retrieving objects from pool bottom, introduction to paddle stroke, games and use of IFD's and PFD's.

RAY / STARFISH (Advanced Beginner):

For children who can swim 15 feet with faces in the water and no flotation device. Reviews and improves stroke skills on front, back and side, builds endurance, and teaches treading water skills.

YOUTH SWIM LESSONS

Ages 6-12 years

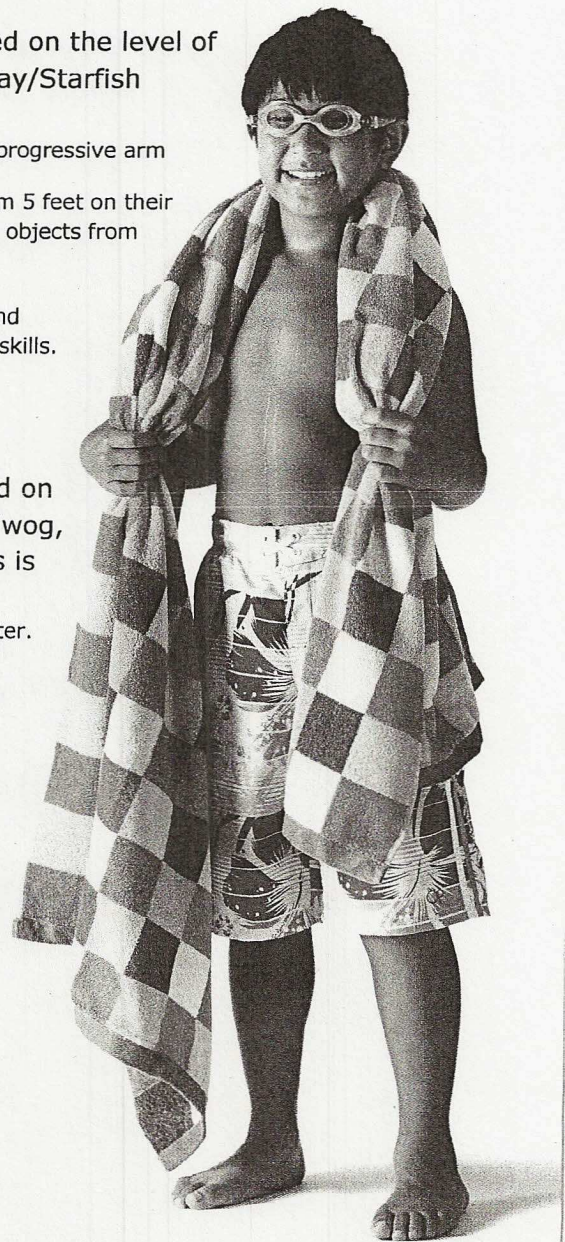
We offer multiple levels of classes for this age group! The classes are based on the level of the swimmer from beginner to advanced. We will offer the Polliwog, Guppy, Minnow, and Fish/Flying Fish level classes this summer! Each class is 30 minutes in length.

POLLIWOG (Beginner): Beginner level for those uncomfortable or inexperienced in the water. Teaches basic water skills including gliding with face in water, floating and kicking.

GUPPY (Advanced Beginner): For children able to swim 20 feet without a flotation device. Teaches swimming on front, back and side and breathing while swimming.

MINNOW (Intermediate): For children able to swim 25 yards on front and back with or without a flotation device. Teaches front crawl with rotary breathing, backstroke, sidestroke, beginning breaststroke. Because of pool depth diving will not be taught.

FISH/ FLYING FISH (Advanced): For children able to swim 25 yards of front crawl with rotary breathing, back crawl, sidestroke and rudimentary breaststroke. Refines breast stroke, teaches butterfly, open turns and improves other strokes. Because of pool depth diving will not be taught.



E.A. SMITH FAMILY YMCA

14650 Highway 3

Webster, Texas 77598

Ph: (281) 486-9622 Fx: (281) 480-9539

ymcahouston.org



YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. Everyone is welcome.



text YMCAHouston
to 41411



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EA SMITH FAMILY YMCA

SWIM LESSONS

at KEMAH OAKS

PARENT-CHILD

The parent/child classes are taught as a combined class for ages 6 to 36 months with the parent accompanying the child in the water. Skills are introduced at the child's development level and build on each other as the child progresses. Basic water skills are taught through fun songs and games.

Ratio: 1:12

**6-36
Months**

HOW OLD IS YOUR CHILD?

The EA Smith Family YMCA offers swim lessons for all ages and abilities. Please answer the questions below regarding your child's swimming ability to place them in the correct class. If you have any additional questions please do not hesitate to contact us.

3-5 Years



**CAN YOUR CHILD SWIM 5 FT
ON THEIR FRONT/BACK?**

NO



YES



**CAN YOUR CHILD SWIM 15 FT
ON THEIR FRONT/BACK?**

NO



YES



**CAN YOUR CHILD SWIM ON
FRONT/BACK/SIDE ACROSS
THE POOL WIDTH
UNASSISTED?**

YES



6 + Years



PIKE (Beginner):

For first time swimmers. Children are taught to float, kick, and perform progressive arm movements across the pool. **Ratio: 1:6**

EEL (Intermediate Beginner):

For children who are comfortable in the water and can swim 5 feet on their front and back. This class emphasizes safety, kicking techniques, floating, gliding, retrieving objects from pool bottom, introduction to paddle stroke, games and the use of IFD's and PFD's. **Ratio: 1:6**

RAY / STARFISH (Advanced Beginner):

For children who can swim 15 feet with faces in the water and no flotation device. Reviews and improves stroke skills on front, back and side, builds endurance, and teaches treading water skills.

Ratio: 1:6



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EA SMITH FAMILY YMCA

SWIM LESSONS

at KEMAH OAKS

6 +
YEARS



WILL YOUR CHILD GO
UNDER WATER AND
FLOAT ON THEIR BACK
BY THEMSELVES?

YES



CAN YOUR CHILD SWIM
THE WIDTH OF THE
POOL WITH THEIR FACE
IN THE WATER ?

YES



CAN YOUR CHILD SWIM
ACROSS THE LENGTH OF
THE POOL AND BACK
WITH FRONT AND BACK
CRAWL?

YES



CAN YOUR CHILD SWIM A
LAP OF FRONT & BACK
CRAWL, BREASTROKE &
DOLPHIN KICK EACH
NON-STOP?

NO



POLLIWOG (Beginner):

Beginner level for those uncomfortable or inexperienced in the water. Teaches basic water skills including gliding with face in water, floating and kicking. **Ratio: 1:8.**

NO



GUPPY (Advanced Beginner):

For children able to swim 20 feet without a flotation device. Teaches swimming on front, back and side and breathing while swimming.

Ratio: 1:8

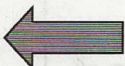
NO



MINNOW (INTERMEDIATE):

For children able to swim 25 yards on front and back with or without a flotation device. Teaches front crawl with rotary breathing, backstroke, sidestroke, beginning breaststroke. Because of pool depth diving will not be taught. **Ratio: 1:8**

YES



FISH/ FLYING FISH (ADVANCED):

For children able to swim 25 yards of front crawl with rotary breathing, back crawl, sidestroke and rudimentary breaststroke. Refines breast stroke, teaches butterfly, open turns and improves other strokes. Because of pool depth diving will not be taught. **Ratio: 1:10.**

WATER EXERCISE AT KEMAH OAKS

NEW this summer we will be offering Water Exercise during our Swim Lesson Sessions from 9:45-10:45am. All Water Exercise participants must be at least 12 years old. Day care is not provided. Equipment will be provided.